

THE KANSAS CITY SUN

PUBLISHED WEEKLY.
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Nelson C. Crews, Editor and Owner
Willa E. Glenn, General Manager

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One Year \$1.50
Six Months .75
Three Months .35
ADVERTISING RATE, 50 CENTS PER INCH.

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St. Stephen's Baptist Church, 604 Charlotte St.
Central M. E. Church, 19th and Woodland.
Second Baptist Church, 16th and Charlotte.
Kansan Ave. Baptist Church, 46th and Kansas.
Ebenezer A. M. E. Church, 17th and Tracy.
St. Augustine's P. E. Church, 11th and Troost.
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Ward Chapel A. M. E. Church, 11th and Woodland.
Blue Valley Baptist Church, 1120 Crystal avenue.
St. John's A. M. E. Church, 1743 Belleview.
Seventh Day Adventist, 23rd and Woodland.
St. Monica's Catholic, 17th and Lydia.
Morning Star Baptist Church, 211 Vine.
Highland Avenue Baptist Church, 1111 Highland.
Centropolis A. M. E. Church, Centropolis, Mo.
St. James A. M. E. Z. Church, 1823 Woodland Ave.
Third Baptist Church, Roundtop.
People's Mission, 20th and Genesee.
St. Paul's Baptist Church, 19th and Highland.
Friendship Baptist Church, 17th and Tracy.
Pilgrim Baptist Church, 614 Charlotte.
Pleasant Green Baptist Church, Independence Avenue and Tracy.
Calvary Baptist Church, 19th and Aske.
Eggleston A. M. E. Mission, 5th and Summit.
C. M. E. Church, 1817 Flora Ave.
St. James' Baptist Church, 409 Main St.
St. Luke's A. M. E. Church, 42nd and Prospect Place.
A. M. E. Mission, 565 Grand Ave.

KANSAS CITY, KAN. CHURCHES.

First A. M. E. Church, 8th and Neb.
Pleasant Green Baptist Church, 1st and Spring.
Edith St. Baptist Church, 8th and Oakland.
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St. Paul A. M. E. Church, 21st and Ruby.
First Baptist Church, 5th and Neb.
King Solomon Baptist Church, 3rd and State.
Quindaro A. M. E. Church, Quindaro.
Pleasant Valley Baptist Church, Rosedale, Kan.
M. E. Church, 9th and Oakland.
A. M. E. Church, 4th and Oakland.
Salter Mission, A. M. E. Church, South Park, Kan.
Protestant Episcopal, 3rd and Stewart.
Second Baptist Church, 24th and Ruby.
Wesley Chapel M. E., 106 Shawnee.
St. Paul A. M. E. Zion Church, 4000 Adams.
Bethel A. M. E. Church, Rosedale, Kan.
Mt. Zion Baptist Church, 4th and Virginia.
Ebenezer A. M. E. Church, Sanford and Tremont.
Mt. Zion Primitive Baptist Church, Westport avenue and Tanager street, Rosedale.

EDITORIALS.

This being the season of Sunday school conventions the mortality among chickens is alarmingly high.

Careless mothers who allow their blooming daughters to run the streets at night improperly attended have only one thing to expect.

Example is better than precept. If you rush the can and entertain rough people in presence of your children you are damning all your prayers and pious talk.

Governor Willis of Ohio says: "The principle of the Grandfather Clause was un-American, unfair and altogether out of harmony with the spirit of our institutions."

Negroes who like to be jim-crowed and humiliated still patronize the smoky sun seats at Association Park. Why pay two prices, money and pride, to see weild baseball?

Major N. Clark Smith receives a column write-up in the current issue of the New York Age, his ability as a bandmaster being loudly complimented. Lincoln Park patrons are still clamoring for the return of Major Smith's band, too.

Editorial comment upon the recent decision of the United States Supreme Court anent the Oklahoma election laws is very interesting. In the eastern and middle states the decision is almost universally approved while in the rock-ribbed democratic sections it is freely criticised. This simply goes to show that sentiment in the republican party as reflected in republican states is always in sympathy with the rights of our people. This decision should serve as a great lesson and should work as an impetus in our getting together and uniting our loyalty to the party which has ever thrown the mantle of protection around our political and civil rights. In old parlance, let us stand by the bridge that carries us safely over.

SLATER, MISSOURI.

Rev. W. H. Davis of Moberly was in Slater Saturday on business. Rev. Davis was asked by Pastors Fenola and T. H. Lockwood to remain over Sunday and preach. In the afternoon he preached a fine sermon at the M. E. church; at night at the Second Baptist church. Rev. Davis is a fine orator. We hope that he will come again soon. Mrs. Martha Jones is still on the sick list. W. A. Grant, who has been to Excelsior Springs twice this year for treatment, has returned home very ill. Miss Athleen Walls and Miss Juanita Payne visited relatives in Glasgow Saturday and Sunday. Mr. and Mrs. Alonzo Jones of Glasgow visited friends in Slater Sunday. Mrs. M. B. Neal of Kansas City was in Slater on business Friday and Saturday. Mrs. Alice Ford is on the sick list. Mrs. Guidle Holt is visiting home folks at Higbee. Rev. R. H. and wife of Arrow Rock were visitors at the M. E. church Sunday. Rev. Rillie preached at night. Mrs. Paul

ine Green is visiting her son and family at St. Louis. Mrs. Bell Miller, Mrs. Belgie Cook and Mrs. Pearl Pryor were callers at the home of Mrs. Josie Walls Sunday. Mrs. Margie Woods is on the sick list. When in Slater call on Mrs. Alice Craigs for a first class stopping place.

MOBERLY ITEMS.

There will be given a grand musical entertainment at Pilgrim Rest Baptist church Friday, July 9. The Misses Mary and Martha Renfro of San Diego, Calif., the two noted evangelists, the in the city the guests of Mrs. Nancy Porter. Mrs. M. E. Holt and daughters, Misses Hally and Eva, were over from Mexico, Mo., Friday evening, and were the guests of Mrs. Belle Cropp. Rev. J. K. Ponder left Sunday night for St. Louis to attend the seventy-fifth anniversary of the organization of A. M. E. church, in session at St. Paul chapel.

Betty & Sam's Little Corner



THEY SAY

—That if you put more brains into your business, your success will be greater. Try it.

—That there is much patching and darning preparatory to going to the Fair, Hard times.

—That Masons are preparing to take two special coaches to the Grand Lodge at Hannibal.

—That the best dressed Negro men in town are those who don't work. How do they do it?

—That there is going to be as big a kick to the transparent as there was last year over transparent skirts.

—That watermelons are unusually large this year, but money is also harder to get. Po' culled man.

—That a certain recent bride was heard to remark that "if I could only get my old job back, I'd never look at another man." Wonder who it was?

—That a lady said after being elected to a certain office: "It was absolutely unsought" and yet she'd been hustling for it for a whole year—so they say.

—That a certain woman waited to escort her husband home after he had called on a lady friend, but upon seeing her, hubby fled in another direction. Do you blame him?

—That those able bodied Negroes who put in the whole day pitching horseshoes ought to be given an opportunity to pitch hay out at Leed's farm for about a month.

—That a certain "cullud" man was heard to remark on a Troost avenue car: "My wife is in sassiest 'case she belongs to a whist club." Brother, send your news to the paper because the street car patrons don't want to hear them.

—That people who pass for white would find less cause for embarrassment if there were more broad-minded Negroes of the race, those who would look upon "passing for white" as a matter of business and not as an insult to the race.

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Health Hints

By Dr. Lloyd E. Bailer



A weekly discussion of Hygiene and Sanitation, First Aid Measures and Preventive Medicine. Questions will be answered but no diagnoses nor prescriptions will be given in this column.

ON EYE-STRAIN.

The eye is one of the most accommodating organs of the human body, and under favorable conditions will perform an almost unlimited amount of work; in consequence, persons frequently demand of this delicate organ an amount of labor never expected of the larger structures. In fact, it is popularly believed that if the eyes are healthy, reading, sewing, embroidery, china painting, and other work are passive acts and that the eye is untiring and never becomes exhausted.

This erroneous conception of the possibilities of the organ of sight is the most prolific cause of eye-strain. The next great cause of eye-strain is improper illumination. This is a large subject which cannot be treated fully here. We will say, however, that the light should be on a level with or above the head of the reader whose back should be turned to the light. The incandescent mantle with a ground glass globe furnishes the best gas light. Electricity is undoubtedly the most satisfactory means of artificial illumination. Indirect illumination, by throwing a part of the light on the ceiling from which it is reflected diffusely over the lower part of the room is the nearest approach to perfection in artificial lighting.

Other causes of eye-strain are reading in cars and trains, reading while lying down, especially when one is tired and exhausted, and the wearing of heavy dotted veils.

The direct symptoms of eye-strain are many and varied. There may be a continual sense of discomfort in the eyes which may increase to pain when the eyes are used for near work. After a few moments of reading the type blurs and the letters run together, and difficulty may be experienced in following the lines. There may be

twitching of the eye-lids and, in extreme cases, difficulty in keeping the eyes open in continued reading on account of drowsiness. The eyes smart, itch, or burn, and continually water; or they may appear red and congested. There may also be extreme sensitiveness to light.

Among the reflex or indirect symptoms of eye-strain headache is the most prominent. This headache is often accompanied by nausea (sick-headache) and is made worse by reading, sewing, riding in the cars, riding backward, shopping, attending the theatre, etc. However, there may be no apparent connection between the headache and excessive use of the eyes. The headache is usually frontal, though it may be at the top of the head or at the base of the skull.

Obstinate constipation and indigestion are occasional symptoms of eye-strain, while nervous prostration may result from its influence upon the nervous system. In fact, the general health may be so impaired by the continual nervous drain of eye-strain that the most serious systemic disorders may result.

Relief and recovery from eye-strain often follow prolonged rest of the eyes which may be secured by the use of dark glasses and by refraining from eye work of all kinds. The use of hot towels to the eyes also is beneficial. If these measures do not avail a competent oculist should be consulted at once.

The eyes are intimately connected with the whole body and suffer as a consequence of any bodily anomaly or disease; and in the same way visual defects may influence the whole constitution. Consequently those measures and modes of life which are conducive to general health and vigor will be beneficial in maintaining ocular health and vitality.

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Wm. Green, Plattsburg, Grand Junior Warden.
H. H. Walker, St. Joseph, Grand Treasurer.
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W. W. Fields, Secretary of Masonic Relief, Cameron, Mo.
P. L. Pratt, Kansas City, Mo., Grand Lecturer.

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J. W. Beard, St. Louis, Mo., E. G. C. G.
Wm. Roberts, Hannibal, Mo., Grand Secretary.
T. P. Mahammlt, Grand Treasurer, Omaha, Neb.

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T. G. McCampbell, D. G. H. P., Kansas City, Mo.
A. L. Thomas, G. K., Jefferson City, Mo.
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Chas. Grigsby, G. Treas., Liberty, Mo.
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Lodge Directory

LODGE DIRECTORY.

Pritchard Lodge No. 42, A. F. and A. M., meets the 1st and 3rd Monday in each month. All Master Masons in good standing welcome. Sec'y, Thompson, W. M.; J. H. Solinger, Sec'y.

Rose Lodge No. 25, A. F. and A. M., meets the 1st and 3rd Monday in each month. All Master Masons in good standing welcome. Sec'y, Thompson, W. M.; J. H. Solinger, Sec'y.

Mt. Olive Lodge No. 53, A. F. and A. M., meets the 1st and 3rd Monday in each month. All Master Masons in good standing welcome. Sec'y, Thompson, W. M.; J. H. Solinger, Sec'y.

U. S. F. King of the West Lodge No. 218 meets first and third Mondays in each month at 663 Grand avenue. D. M. West, W. M., 1718 Euclid; Jas. Harris, Sec'y, 1732 Woodland Ave.

Queen Esther Court No. 43, I. O. O. F., meets the 1st and 3rd Mondays in each month at 230 p. m. at the hall, 10th and Campbell Sts., Kansas City, Mo. Mrs. Bettie Davis, M. B. Q.; Rosa L. Jones, Chron., 1408 North 3d St., Kansas City, Kas.

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